THE PORN PANDEMIC

A SIMPLE GUIDE TO UNDERSTANDING AND ENDING PORN ADDICTION FOR MEN

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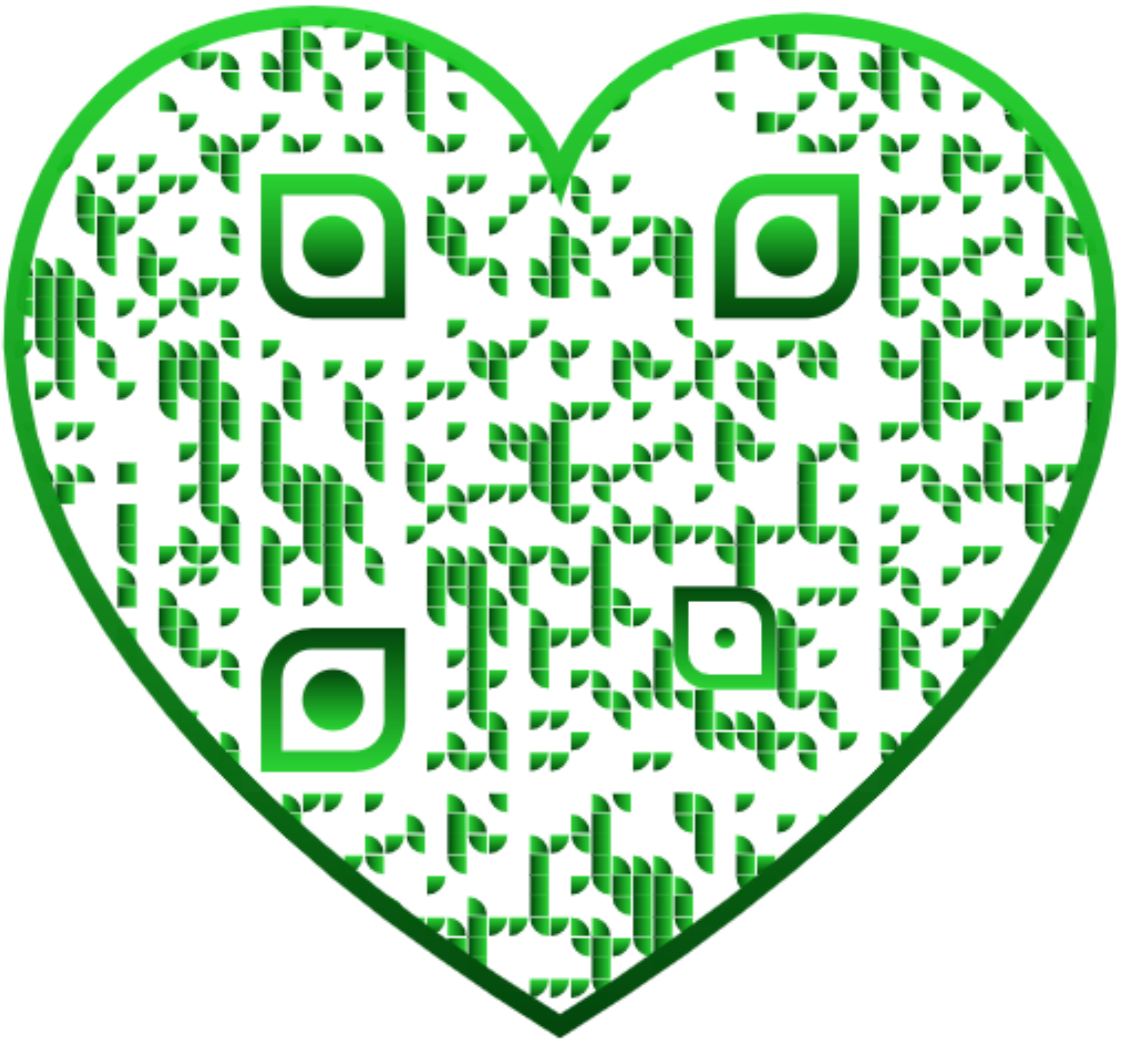

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Disclaimer: I’m not a doctor, and this book should not be seen as clinical treatment. If you suffer from serious mental or physical problems, you should not consider this book a substitute for professional help. But if you’re already working with trained physicians or therapists, or if your current issues are mild to moderate, this book can offer you a fresh perspective and some new solutions.

Additional Work By Andrew Ferebee To Maximize Your Growth Potential

The Knowledge For Men Podcast: I interview twice a week NY Times Best Selling Authors, UFC Fighters, Navy Seals, multimillionaire entrepreneurs, relationship coaches and share their biggest life lessons with you for free at www.knowledgeformen.com

Double Your Confidence In 30 Minutes Or Less For Free: I used to sell this program but right now it's free for a limited time. Go to www.kfmconfidence.com and watch the program and get the results.

The Dating Playbook For Men: A Proven 7 Step System To Go From Single To The Woman Of Your Dreams (find it on amazon) The Break Up Manual For Men: How To Recover From A Serious Break Up, Become Stronger and Get Back Into Life (find it on amazon) Unleash The Man Within Online Seminar: I share some of my biggest life lessons on overcoming your biggest challenges and obstacles in this free 90 minute online seminar and do a Q/A at the end. Register for the next event at www.kfmlive.com

The Awakening LIVE: A 3 day live intensive experience where I break men down and rebuild them back up into leaders of men. This event sells out every time and it's for very serious men only go to www.kfmseminar.com to learn more and find out when the next event is held.

My Personal Story

This story is hard for me to write and share with you. But I feel that if you understand my story, then you'll connect with me at a deeper level and feel more comfortable finishing this book. That is my hope.

In the late '90s, AOL dial-up Internet had just been installed in my home. I was 11 years old and was completely fascinated with what one could do online. I searched countless topics of interest, read the news, listened to music and played video games.

And the most fun part was AOL Instant Messenger, where I could chat with my friends from school and even the girls I had crushes on. I spent hours online talking to friends and girls until midnight.

I didn't realize it at the time, but I was developing a social crutch because I preferred to talk to friends online rather than on the phone or even face-to-face. When I saw at school the girls I had spent hours talking to the night before, I wouldn't have anything to say and would awkwardly end the interaction as quickly as possible.

I didn't know how to socialize in the real world and reverted back to hiding behind the computer to connect with women. I had Internet girlfriends who I would ask out online, and we would have Internet dates together. We rarely connected in the real world. It actually seemed more fun online than in the real world because I could think about what I was going to say next and always seemed to have the right thing to say to make her laugh.

When I talked to women I felt so excited, and I felt a rush of sexual energy every time a girl would respond to me. But I was so young and didn't know what to do with the energy.

I remember one day when my family was gone, and I was home alone, I searched "hot girls sex," and one of the first porn sites I ever clicked on was Lesbians.com, which was full of pictures of young naked women. I remember not being comfortable looking at other men but strictly women on women, and I wasn't interested in any sort of penetration with toys – just women in the nude kissing each other.

Over time I developed an entire list of porn websites that I'd browse late at night when my family was asleep.

By the time I entered high school I had developed the ability to download just about any video online and knew who the hottest porn stars were that year. I watched penetration porn videos but wasn't comfortable yet watching all sex positions. I only enjoyed missionary, cowgirl, and was starting to learn to like "doggystyle."

Anytime the porn scene would go to anal, I quickly closed the window. Anytime there was any degradation to a woman, I didn't like that either, and I immediately stopped watching it and sometimes lost the sexual urge to finish. It just felt wrong to me at the time.

While my friends in high school were dating women and going to prom with dates, I found myself not caring much because I was fulfilled with online porn. Now, I didn't know it at the time, but I was developing a relationship with porn instead of women in the real world. As a result, I missed out on important social skills that could be applied later in life.

By the time I entered college, I was watching every type of porn scene, and even the scenes that once disgusted me – the heavier scenes – started to arouse me. I often watched porn in my dorm room in between classes and found it increasingly difficult to connect with women on campus.

I ended up dating a woman who lived next door to me in college who would soon become my girlfriend and first real love. I remember I loved her so much, but I didn't know how to show it. What she saw was a hyper sexual man who always wanted to have sex wherever we were: At parties, at the beach, on campus, in the movie theatre, or in the back seat of my car.

Every time I was with her, I had a goal of having sex, as if being in a relationship was a license to having sex any time I wanted. If she were on her period, I got a little upset and settled for a handjob or blowjob. There was no way I wasn't going to "get something" from her if I was spending time with her.

Looking back, I can see why she felt I was emotionally unavailable and the relationship ended after a few years. It makes perfect sense to me now, but back then it was all I knew.

At first, I thought the relationship ended maybe because I was broke and didn't

provide enough for her, that I wasn't good looking enough since she was very pretty, or that I wasn't "alpha" enough and I needed to become more of a dominant man.

The truth is none of those were the reasons why she left. She left because I wasn't there emotionally. I was just there physically with my penis out every time we got together. I learned that for a relationship to thrive, both man and woman must be physically and emotionally engaged in the relationship. Not one or the other.

The reality was I loved her so much but I simply didn't know how to love a woman. I only knew how to have sex and treat women like objects rather than developing a deep intimate connection with a woman that could last.

I was trying my best to be a good boyfriend, but having watched thousands of porn scenes and seeing women constantly want men to have sex with them and ejaculate on them, I was ill-equipped to be a good boyfriend at this stage in my life. I had let porn become my role model of how to treat women in the real world, even those I loved.

Enough was enough. After this relationship, I committed to improving my dating life and becoming a better man with women over the next several years. I went from a hopeless guy going through a tough breakup to dating many women and engaging in much healthier relationships.

What I learned on that journey was written in my Amazon best-selling book: The Dating Playbook For Men: A Proven 7 Step System To Go From Single To The Woman Of Your Dreams .

Also, my story of how I was able to recover from my painful breakup became my second Amazon best-selling book: The Break Up Manual For Men: How To Recover From A Serious Break Up, Become Stronger And Get Back Into Life .

Having found more purpose and meaning in my life and sharing those lessons on my blog and top ranked podcast www.knowledgeformen.com , I have significantly reduced my porn and masturbation habits.

A 3-to 4-times per day habit decreased to once per week and then to once per month. And now I don't keep track because it rarely ever happens.

Reflecting back on my life, I find that porn has provided zero benefit to me. In

fact, it has only taken things from my life. I grew up hiding behind a computer, unable to express my feelings and emotions and connect with others in the real world. I had lost a woman who I loved, and I spent thousands of hours watching porn, wasting precious time I could have spent improving and building a better life for myself.

For me, overcoming porn and masturbation addiction has given me my life back. I was living a lie in a prison, empty and soulless, and yet I didn't even know it at the time.

To be free from porn and masturbation and to go out and connect with people in the real world and explore everything life has to offer has been the greatest gift.

I want you to experience this special gift of life.

For those of you who take me up on this offer, I am going to set you free if you complete this book and take a little bit of action each day to move toward the life that is truly waiting for you.

I can't do this alone – you have to meet me 50% and I'll meet you the other 50%.

And together we can create a new life for you.

Are You Fully Committed?

"Unless commitment is made, there are only promises and hopes; but no plans."
– Peter F. Drucker

Okay, there are two ways this can go down.

You can continue to watch porn and masturbate regularly. You can lose countless hours online searching for that perfect scene at the right angle with the perfect-looking woman. You can develop a love relationship with these porn stars where you spend more time with them, following them on social media and waiting for their next scene, than you do talking to women in the real world.

Years and years will go by and you'll find yourself 10 years from now sitting exactly where you are now. Or maybe you'll be using virtual porn with Oculus doing the same exact thing and feeling exactly how you feel right now about yourself.

Or you can stop all of this right here, right now. You can finish this book and significantly cut back on all porn and masturbation activity – if not completely eliminate it from your life – and instead use this extra time and energy to pursue real relationships in the real world.

If you're single, then you can be married with an amazing woman and treat her the way you truly want to treat a woman. Or if you're already in a relationship, then you can fall in love over and over again with your current woman and develop an even deeper and more intimate connection with that woman than you ever thought possible.

The choice is yours. The latter is harder, but it's real life. And you have to accept that life is hard and anything worth having in life isn't going to come easy.

Porn is easy. Living a great life is not. But which one would you like to spend your finite time working for?

Right now you need to stop developing digital relationships and get into the real world where true happiness and fulfillment can be found.

If you disagree with that, then return this book immediately. Everything else

inside this book will just piss you off. But if you dare to become a stronger version of yourself then continue reading and let’s overcome this porn pandemic together.

If you turn this page you are committing to this, and there is no going back. No dabbling in with one foot in and one foot out. You’re either in or you’re out.

Got it?

On the other side of this page is the life you’ve been searching for...

The Story of All of Us

"The important thing is this: to be able at any moment to sacrifice what we are from what we could become." – Charles du Bois

Click, type, click...

Fewer than 5 seconds: That's how long it takes to be watching your favorite pornstar doing anything you want online. Teen, lesbian, anal, amateur, gang-bang, double penetration – You name it, it's yours in fewer than 5 seconds.

Just decades ago, men could go their entire lives with only seeing a handful of naked women. In the 1950s, if a man saw a woman wearing a skirt above the knees with bare ankles or shoulders visible, this was considered erotic. That's unbelievably tame compared to what we can find online today or see just walking down a strip mall, with half-naked women in the windows of retail stores. Today, most adult men have seen hundreds if not thousands of naked women doing just about everything online.

Today the average age at which a boy views porn is 11 years old. By 15, he's seen women do things he never thought possible. By 18, he has his own collection of favorite porn stars and spends 30 minutes per day watching porn. Never before has there been so much free access to any type of sexual fantasy you could – and could not – imagine.

We are the first generation in all of human history to grow up with unlimited and free, convenient access to high definition porn via mobile smartphone or tablet.

The research isn't even out yet on the long-term effects of porn on adolescents into adulthood for men. You are basically an experiment and no one cares how this will affect your life. How does this affect a man's relationships? His family? His social life? And views of women? How about in the workplace?

Virtually everywhere you go in the world you have porn with you. It's like having a drug dealer in your pocket. But instead, this drug is sexual fantasy and that fantasy is getting out of control.

That's why today we are experiencing: "The Porn Pandemic."

Porn refers to any text, image, audio, or video that emphasizes the sexual aspects of a subject and stimulates a compulsive interest in its audience. The term pandemic is an outbreak of a disease over a region. A disease is a disorder of structure or function in a living organism that produces symptoms not a direct result of physical injury.

If you’re not convinced this is a pandemic, then let me walk you through the numbers.

The Pandemic Is Here

"Porn is the most concerning thing to psychological health that I know of existing today. The Internet is a perfect drug delivery system because you are anonymous, aroused and have role models for these behaviors. To have a drug pumped into your house 24/7, free, and children know how to use it better than adults – it's a perfect delivery system if we want to have a whole generation of addicts who will never have the drug out of their mind." – Dr. Mary Anne Layden, Co-director of Sexual Trauma And Psychopathology Program at the University of Pennsylvania Center For Cognitive Therapy

The porn industry is a 97 billion dollar global industry with 14 billion of that coming from the United States. This is individually larger than the 2014 revenues of Facebook, Amazon, Disney, McDonald's, Google, or Microsoft. The porn industry earns more in revenue than the National Football League, National Basketball Association, and Major League Baseball league combined.

Do I have your attention now?

Look, 30% of all traffic online is porn. 25% of all search engine requests are porn related. 69% of all paid content online is porn – people are willing to pay for more access to new material despite all the free porn available online. Now, imagine if that amount of traffic was allocated towards improving our health, curing cancer, ending poverty, creating peace, or building businesses?

The most searched keywords by teenagers aged 10 to 15 are now "porn" followed by "sex," which shows you that from a very young age boys are accessing porn. The problem is there are no restrictions to watching porn – you simply just click "Yes, I'm 18" in the age check box or most websites don't even ask. The habit of watching porn begins at an early age and this shapes young people's views of the world and the relationships they will engage in their adult lives.

In 2014, the U.S. Department of Justice stated, "never before in the history of telecommunications media in the United States has so much indecent (and obscene) material been so easily accessible by so many minors in so many homes with so few restrictions."

It makes you wonder what happens to a boy who has watched porn from age 15 to age 30, doesn't it? How is he going to treat women in adulthood? Would you want this guy to date your precious daughter or little niece? I don't think I would and you wouldn't either, but we're living in a world where this is becoming a reality and few people are talking.

A 2007 study at the University of Alberta surveyed 429 students aged 13 to 14 and found that 90% of boys and 70% of girls reported accessing sexually explicit media online. And 35% of those boys stated they viewed porn "too many times to count."

This shows that from a young age boys are developing the habit of watching porn online. And when boys enter college, the trend only continues more aggressively.

In 2009 Michael Leahy released results of a survey of 29,000 North American University students and found that 64% of college men spend time online for Internet sex every week.

What's going to happen to these men 10 years from now if this is how they are spending their free time? Will they engage in real relationships or will this porn obsession continue into their 30s, 40s, and beyond?

Additionally, the University of Sydney surveyed 800 regular porn users in a 2012 study and found that 43% started viewing porn regularly between the ages of 11 and 13, spending between 30 minutes to 3 hours a day watching porn.

And an astounding 20% of those students said they preferred viewing porn than being sexually intimate with a partner in real life. Perhaps surprisingly, the students had some self-awareness of the problem – 88% said they would be willing to seek professional help for their porn addiction. This is what I am most afraid of: Boys preferring porn rather then real relationships with women.

And numerous psychologists and therapists in North America have reported a surge of clients coming in with porn addiction problems over the last decade. Addiction to Internet pornography is a very real pandemic with a very real impact on the lives of men and women. Porn has grown exponentially in the last decade largely due to the advent of widespread availability of high speed Internet, high definition video, and mobile technology.

Now, is it safe to say that there is problem here?

Porn has mostly gone undetected by society as a whole and its risks are mostly ignored in mainstream media. Let’s take a look at why...

Porn Use Is Socially Accepted Today

"When intelligent people read, they ask themselves a simple question: what do I plan to do with this information." – Ryan Holiday

Porn is more common and accepted in our culture today than it ever has been before in history.

Celebrities like Paris Hilton, Kim Kardashian, Tila Tequila, Farrah Abraham, among many others, are creating sex tapes to their launch careers and have PR stunts to build their brands. These celebrities, followed by millions, got their own TV shows, and it all for many it started with sex tapes. Media outlets publicize them and bring them even more attention, making it more accepted in the mainstream.

Porn stars are no longer hidden in society. They have become celebrities with many having larger social followings than self-help authors, entrepreneurs, and philanthropic leaders changing the world for the better. Porn stars like Jenna Jameson, Asa Akira, Ron Jeremy, Tera Patrick have best-selling books on Amazon. Somehow grabbing a camera and filming a penis go inside a vagina and sharing that online garners the most attention from society.

Today we don't think of porn the way we did decades ago when it was mostly taboo and thought of as something only for dysfunctional men. It is widely accepted in culture today, and the trend is only continuing to grow.

In fact, it's become the norm. Stating that you don't watch porn and masturbate makes you the dysfunctional man. Something must be wrong with you. How could you not watch porn?

This social acceptance of porn reduces the old barriers and social shaming once associated with porn, making it easier for men to start and continue using porn. Of course, over time this often develops into a real addiction.

Porn itself isn't necessarily bad for you, but when you abuse porn and masturbate to it regularly it can reduce the quality of your life by reducing your desire to engage in social and intimate relationships with men and women in the real world.

Let’s take a look at the business of porn and how it affects you...

The Dirty Business Of Porn (That They Don't Want You To Know!)

"*Whoever controls the media, controls the mind."* – Jim Morrison

In Trust Me I'm Lying – Confessions of a Media Manipulator by Ryan Holiday, he shares that the media floods the Internet with content with the sole purpose of trying to gain more attention regardless of the quality or truth of the content. The goal of the media is to get your attention, and they'll go to any extreme to get it.

What's happening here is copywriters are having to be more aggressive with their language to entice men to click because the market is flooded with porn. So porn companies are competing with one another and are running out of ideas. As a result, they must go to extremes to get your attention.

Producers have to push the envelope of what they can do to keep your attention. It's gotten to the point where porn isn't so much arousing and sexually satisfying but it's so intense that it just keeps your attention. Porn is becoming about how far you can push a woman's body before it is injured: Double penetration, gangbangs, and deep throat with oversized penises leading to vomiting.

Sexual fantasies are going too far and scenes are getting too hardcore and explicit even for an avid porn user.

Advertising has gotten out of control with videos like:

"Gag me then fuck me."

"Son fucks his hot stepmom in the shower!"

"Gangbang creampie 6 dicks cum inside her tight pussy."

"Japanese schoolgirl slave."

"Stepdaughter anal queen."

"Fucking a dead bitch."

"Fucking my roommates when she's asleep."

“Teen cum dumpsters.”

You are witnessing human degradation right in front of your eyes. In the documentary Hot Girls Wanted it shows how porn stars did not sign up for what she experienced but was coerced into doing such acts beyond their will. We are witnessing how far human sexuality can go publicly online for free, and it’s happening for the first time in human history.

Take a guess at the world record gangbang in 24 hours? 919 men penetrated Lisa Sparxxx, and she still holds the “title.” Millions of men have watched her video, and it’s just getting way out of hand.

The problem doesn’t just stop there – it spills over into the real world as men who have grown up watching these scenes believe all women would like to be treated this way. Veteran porn actor and producer Bill Margold explained the money shot like this: “I’d like to really show what I believe men want to see: violence against women.” This is teaching men to treat women in this way even on the first encounter with sex.

What was once very rare and obscene, hardcore is now common: vaginal, anal, oral penetration often with multiple men, gagging, ass to mouth, and bukkake (in which a large group of men ejaculate at the same time onto a woman’s face).

To meet this demand, every 30 minutes a porn film is made in the United States. Every second 30,000 people are viewing porn. 43% of all Internet users online right now are watching porn – that’s 102,434,567 people.

In 2015, the world’s largest porntube site Pornhub reported that 4.4 billions hours of porn was watched, which is 2.5 times longer than humans have walked this earth.

And the top 10 searches in 2015 were:

lesbian

teen

step mom

cartoon

milf

mom

step sister

squirt

hentai

anal

And just for the record, #11 was “step mom and son” followed by “gangbang”.

What’s happening here is porn companies are having to create more and more porn to fulfill the novelty demanded by porn users. This pushes women to do dirtier and dirtier things on camera to keep your attention. Porn is a business. They are not looking out for your best interests nor do they care about your future. They want to keep you engaged and on their website for as long as possible. They don’t want you to go. The longer you stay on their site masturbating to their porn in binges, the more money they make.

Let’s go deeper into how porn affects your life, starting off with your brain...

How Porn Rewires Your Brain

"We become what we think about all day long." – Ralph Waldo Emerson

When you watch porn your brain thinks you are having sex. Horniness is the evolutionary drive that pushes you to do whatever is necessary to have sex and make babies.

Your brain can't comprehend the difference between watching a video and having real sex. Your brain's mirror neurons visualize you doing the same thing, and a part of your brain responds as if you were. It's kind of like how when watching a scary movie we cringe or jump out of our seats. Or a sad movie can make you cry and feel sad. The brain thinks something that you watch digitally is actually happening to you in real life, and it acts accordingly. If you're watching multiple porn scenes (which is usually the case for most porn binges), your brain thinks you are having sex with multiple partners.

To sum it up, all this sex overstimulates your brain, which desensitizes it, causes problems in your sex life, and reduces your ability to enjoy life.

Let's break this down.

Dopamine is a brain chemical that motivates you to do something that your brain thinks will make it feel good like having sex or eating food. Our brain makes us experience pleasure when we engage in these life-giving and enjoyable activities, which have kept humans alive for millions of years.

Your brain uses dopamine, a neurochemical, to train you to recognize activities that are good and bad. When you do actions that your brain says are good for survival, it rewards you with a shot of dopamine that triggers the sensation of pleasure and stimulates memory and concentration. It creates arousal and excitement just before you have sex, pushing you to complete what you started.

For instance, think of a Thanksgiving dinner where you starved yourself all day and finally your aunt said, "Okay it's ready, everyone grab a plate!" And remember that sensation as you rushed to the kitchen to fill up your plate. You sat down and shoved endless amounts of food into your mouth without even chewing because you were so excited. That intense rush? Yes, that's dopamine.

Or imagine when you saw a woman walking right by you, and she seemed to be the most beautiful woman you'd ever seen, and you got a rush of both excitement and nervousness. Yes, that's dopamine too.

Or think about when you had a new business idea that you believed would change an industry, and you were the first one ever to think of it... yeah, that's just dopamine.

Now that we understand what dopamine is and how it makes you feel, the question remains: How does it relate to porn?

The problem with porn is that it gives off a massive shot of dopamine to your brain. It's too much dopamine for your brain to handle at once because you're brain was never designed to handle unlimited amounts of porn of highly attractive women with enlarged breasts and perfect to hip-weight ratios. It's simply unreal and too good for your brain too handle.

The dopamine rush as you're watching porn encourages you to masturbate to produce even more dopamine. Simultaneously, you release even more happy chemicals in your brain like serotonin and dopamine, which ends in an orgasm.

Why would anyone not enjoy this?

It's easy, it feels good, and it's free... and that's exactly the problem.

Sexual arousal is nature's number one priority driven by dopamine. Your brain starts to crave more and more, causing you to watch more and more porn.

Sexual stimulation and orgasm give our brains' reward systems the biggest natural shot of dopamine of all. This makes sense. That big dopamine shot from an orgasm then goes on to wire our brain's reward system to encourage us to repeat whatever behavior we did to get sex so we can continue to get sex in the future.

But the problem is you're not having sex at all, and your brain cannot differentiate the difference between porn and real sex remember. It thinks you're winning in life when you're watching porn, so it's reacting as it should. Don't blame your brain. Your brain thinks you're mating with real women, so it encourages you to go do whatever you just did to get that stimulus again since it's wired to do that.

Pay attention this is when it gets even more dangerous...

The Internet gives you an unlimited variety of sexual experiences. This variety means that when viewed, dopamine shoots to your brain, training you to search for more and more porn.

And what you once found arousing over time will no longer be arousing. You develop a level of tolerance to past experiences. So you search for different types of novel porn such as anal, gangbang, incest, teen, cartoon porn, and so on to give you that same level of dopamine rush you now need to ejaculate.

This tolerance can take years to develop, but it's very easy to develop since the pleasure reward system of your brain loves watching porn, masturbating, and orgasms.

Neurons firing and wiring together are also how our habits are formed. When you receive a shot of dopamine after receiving some reward – whether food, sex, or novelty – your brain strengthens the neurons that fired and wired together to achieve the reward so that you will repeat the process and can get it again in the future. The rewiring involves connecting the cues and behavior that led to a pleasurable reward.

This cue behavior reward connection is what author Charles Duhigg calls The Habit Loop. Cues cause dopamine to release, such as sitting at a computer alone late at night. Or it means surfing Instagram or some other social media outlets where you see half-naked women. Or cues to watch porn come when you're just feeling a little depressed, bored, distracted, or stressed.

Repeat this circuit for a few days or weeks and you've got a connection that leads to you checking out porn without even thinking about it – and worse, you can't control it. It can become difficult to control because it's now wired into your brain. Porn surfing simply becomes a habit.

Throughout most of your brain's evolution, sex was a limited commodity, and it was a good survival strategy to look for sex whenever possible. Now that you have access to an infinite amount of sex online, this is no longer a good strategy.

Too much sexual stimulation has health risks of its own like reduced sensitivity to dopamine, which reduces the enjoyment of activities you once found pleasurable.

The only way for you to feel “good” again is to continue watching heavier and heavier scenes of porn such as gangbangs, abuse, incest, and double penetration, which sends you into a downward spiral of porn addiction.

Yes, porn rewires your brain.

Why Porn Is More Dangerous than Cocaine and Heroin

"*Everything in the world is about sex except, sex. Sex is about power.*" – Oscar Wilde

Speaking before the U.S. Senate in 2004, Dr. Jeffrey Satinover stated, "Modern science allows us to understand that the underlying nature of an addiction to pornography is chemically identical to a heroin addiction."

Cocaine and heroin provide an instant rush of dopamine to your brain, giving you that euphoric feel good effect.

So does porn.

But porn is more dangerous than cocaine and heroin because unlike most addictive behaviors such as alcohol, drugs, and gambling, porn has no barriers. Psychologists and addiction experts have found that if an addiction meets fewer and fewer of what is known as the three As of addiction, it's easier to become an addict:

Accessibility

Affordability

Anonymity

Most addictions, like alcohol or drug addictions, will have one or two of those. But cost is often the biggest barrier for most addicts. But what is astounding is that porn meets all three conditions:

Accessibility: You can go online and watch unlimited amounts of porn within seconds.

Affordability: It's free.

Anonymity: It's on your phone or computer and no one will ever know.

Knowing this can help you understand why porn is so dangerous.

The environment for a porn user to become an addict is the easiest of all known addictions in the world.

Your brain views sex as a top priority, not alcohol, drugs, or gambling. When you give a porn user unending novelty for free, he will abuse it not because something is wrong with him but because it's wired into his DNA.

And since your brain cannot differentiate the difference between porn and real sex, then the porn user is only doing what he is supposed to do. It's not his fault that he is aroused by porn and watches dozens of scenes.

Let's take this example for instance. The main barriers of alcohol are the age limit, the cost, and the hangover. What if at any age, with the press of one button, you could order an endless amount of alcohol to your house, no one would ever know how much you drank, and the next day you would have no hangover?

Yes, in that case we would all be alcoholics.

Now imagine a world where every type of alcohol was free and no matter how much you drank it cost you nothing... This is the world of porn, since there is no age limit (enforced), it costs nothing, and no one will ever know if you watched it.

Psychologists say addictive behaviors will meet some barriers. We've already discussed cost. But there's also the barrier of privacy. If you drank a bottle of whiskey before or during work, then people would know something was wrong with you and you'd get caught.

Yet if you watch porn no one will ever know, and surprisingly the porn usage is mostly done on mobile devices, why? Because it's typically viewed in the privacy of your room. I bet your friends and family have gone years without ever knowing that you've been watching porn and that you may have a problem with it.

Now because the barriers are so low, and it's a free-for-all online, there's the perfect environment for an addiction to develop.

Let's get this clear: Porn is a sexual stimulant and it's the most dangerous kind of stimulant in the world.

Porn use and drug use have a lot in common. When cocaine users escalate their behavior, they need bigger and more frequent hits of cocaine. When porn users escalate their behavior, they need more extreme porn more frequently. You need

a bigger dose to keep generating the same dopamine reward.

In practice, porn sessions become longer and more frequent. Your brain tries to make up in quantity for what it can't get in quality. An extreme user may spend hours each day watching porn.

Eventually it can get really weird and taboo to become something violent, disgusting, dangerous, or even illegal. Or possibly it gets to the point where a man goes off the computer and starts to engage in strip clubs, prostitutes, and illegal sex work.

Violent material can feature degradation, verbal abuse, rape scenes and serious physical and traumatic injuries to women. Disgusting material can feature incest porn, sex with animals, urine, feces, or anything objectionable that will produce the desired effect. Dangerous material is anything where you or the performer would be in trouble if caught, such as material with underage girls or sneaky pictures or a video you took without the person's consent.

It can take years to develop this level of porn usage – it's not something that happens overnight. But if you look back at your porn use, you may see that it slowly started with casual sex, then moved on to anal, and then turned into more violent, disgusting or dangerous scenes.

Next time you watch a porn scene that you like, consider how extreme it is in violence, disgusting elements, and danger.

Did you always like this kind of scene or would you have found it too extreme earlier in your life?

Let's now go into the different types of porn users and see where you currently fit...

The 3 Types of Porn Users

"Not feeling is no replacement for reality. Your problems today are still your problems tomorrow." – Larry Dredla

The three different types and stages of porn use are the casual user, the at-risk user, and the addict.

The casual user watches porn for fun. It's an occasional distraction depending on life circumstances but not too extreme nor does it block out important activities. It's more of an enjoyable distraction, a sporadic form of escape or relaxation that is NOT as satisfying or meaningful as real intimate connections. The frequency of use is driven by life-changing events.

For the casual user, there is no history of neglect or abuse. Porn and online sexual experiences are not sustained because they feel unrealistic, and he'd rather pursue real relationships with women. He doesn't experience any shame or high levels of guilt after watching porn.

An at-risk user will have periods of intense engagement, and it is a distraction from other life challenges. But he does know how to put a limit on it or stop when he starts to experience more serious consequences.

The at-risk user will typically keep it as a secret in exchange for looking good or being accepted, although he may have a potential history of abuse for recreation, spending, gambling, sex and other high intensity behaviors as a result of reacting to life stressors. The main difference that makes an at-risk user different from an addict is that the at-risk user has the ability to stop when he sees it's becoming a problem. An addict has lost the ability to choose to stop.

Addicts turn to digital sexual fantasies to fill an emotional void. They cannot stop negative behaviors even when they are not helping their life or even have a desire for change.

They know what they're doing is hurting them, yet they still keep doing it. They typically are depressed or are experiencing severe emotional challenges or have a history of substance abuse, childhood abuse, neglect, family dysfunction, addiction, mental illness, and lifelong fears of being unwanted or "not enough,"

so they use porn and masturbation to replace intimate personal relationships and peer support altogether.

There could also be history of unresolved adult trauma, having short-term infrequent relationships, and being emotionally distant from friendships and family even if they are physically in close proximity.

Addicts find as much intensity, excitement, and distraction in the search for the next sexual thrill as in the sex act itself. Fantasies pull addicts into an emotional state that renders them unable to make better choices or even consider how their behaviors might affect others or themselves.

Questions to ask yourself:

Do you find yourself spending increasing amounts of time online looking at porn and/or engaging in sexual or romantic fantasy, even when you have more important things to accomplish in your life that you are putting aside?

Have you promised yourself that you would stop viewing certain porn websites or using apps and find yourself back there again?

Do you collect porn?

Have you had negative consequences at work, in school, or in relationships and other important areas of your life related to porn use?

Has your porn use led to a reduction in friends, family, recreational activities?

Has your porn use caused you to lose anything or anyone important to you?

Do you lie or keep secrets about your porn use?

Do you hide your porn use so others won’t discover it?

Do you feel like your porn use is interfering with personal goals, relationships, and healthy intimacy?

Do you become defensive or extremely ashamed when you look at porn?

If you found yourself saying yes to any of the above questions, then I want this to be a slap in the face for you. Wake up! If you continue down this path, it will only be a matter of time before you move from your current stage to the next.

So you might be wondering, is it really possible to be addicted to porn?

Let’s dive in...

Can You Really Be Addicted To Porn?

"We love our habits more than our income, often more than our life." – Bertrand Russell

Yes, an addiction is a compulsion to continue self-destructive habits despite serious consequences with an inability to control cravings.

The American Society of Addiction Medicine stated in its new definition of addiction (August 2011) that sexual behavior addictions are as real as drug addictions.

Yourbrainonporn.com compared Internet porn to excessive gambling, video game playing, and food addiction, all of which can cause brain changes that mimic drug addiction.

Here are three signs an addiction is developing:

- Sexual obsession where you spend a large amount of time thinking, planning, or doing the actual activity.
- Loss of control where the behavior has become compulsive and the person has lost the ability to stop when he or she wishes.
- Negative consequences are developing such as relationship problems, education, physical or emotional, social anxiety, depression, apathy, brain fog, loss of interest in previously enjoyable activities, and potential legal troubles.

Whatever actions you do daily, whether good or bad, will become a part of who you are and have associated consequences.

Porn addicts spend on average 11 hours per week engaging in porn – on some weeks it's double that. It becomes an addiction when someone loses control and can't limit porn viewing and when they move to alternative genres of porn to get the same type of stimulation they received in the past.

Using porn was all about having a good time, escaping worries and pleasures, and getting a chance to do things one couldn't do in real life. Yet most men

don’t stop to think that what they are doing is slowly becoming a habit and a daily ritual. Over time, men develop a relationship with porn, and porn easily slips into the role of ‘significant other.’ In this case, a man can be intimate or in a relationship with another women, but porn is what he truly desires and obsesses about.

And as the porn addiction develops, men find themselves easily becoming irritated and depressed, isolating from other people, sexually objectifying people, neglecting important areas of life, having problems with sex in real life, constantly feeling bad about themselves, and/or engaging in risky behaviors (like strip clubs, paying for sex, meeting up with strangers met online and so on).

Given a negative environment, it then becomes easier to go deeper and deeper into the realms of porn, thus sending the user into a downward spiral in life. All in all, porn addiction is very real and the consequences are very serious.

There is a Native American legend that says inside every person lies two wolves: one bad and one good.

Which one will win, you may ask?

The one you feed.

Why It’s So Hard To Stop Watching Porn

“Quitting smoking is easy, I’ve done it hundreds of times.” – Mark Twain

Scientist recently showed that methamphetamine and cocaine hijack the same reward center nerve cells that evolved for sexual conditioning. Put simply, addictive drugs like meth and coke are compelling because they hijack the precise mechanisms that evolved to make sex compelling. And guess what, so can porn.

Sexual arousal is nature’s top priority and raises dopamine the highest of all natural rewards. Your brain starts to crave and then loses control, and negative consequences soon follow.

We’re more inclined to be addicted to food and sex than we are to alcohol and drugs because nature wired humans this way. Humans can survive without alcohol and drugs but not sex and food.

In the study “Brain Structure and Functional Connectivity Associated With Pornography Consumption” published in the Psychiatry Journal, experts at Germany’s Max Planck Institute found that more porn use correlated with less grey matter and reduced reward activity when viewing porn.

In other words, porn use weakens the prefrontal cortex, which reduces willpower so that you can easily succumb to more porn use and other addictive behaviors. This makes it easier to give up on other goals in life.

Understand how dopamine works and you understand why you are attracted to porn.

Porn acts as a substitute for actual sex, but your brain doesn’t know that. It reacts to a picture or video of a naked woman the same way it does to a real life naked woman or real sex. Your brain ramps up dopamine levels, driving you to orgasm whether that climax is fostered with another human being or is self-induced through masturbation.

Dopamine explains why certain types of porn are more compelling than others, and how in extreme cases men prefer porn to actual sex.

When looking at a pornographic image, the brain becomes habituated to that stimulus, simply injecting more novelty and getting more dopamine. A porn video is more intense because the live action activates your mirror neurons, making you feel like you're the one having sex.

The stronger the stimulation, the bigger the shot of dopamine to the reward system, which means the greater desire to watch that porn video.

Porn offers the sexual novelty that dopamine has hardwired you to seek. The more you find new sexual experiences, the more dopamine you get, which reinforces the desire to look for even more sexual novelty. Porn's easy access to new experiences is the main reason why it is so hard to stop watching porn.

Men also receive a shot of dopamine whenever we encounter a new attractive woman other than our current partner. Our brains are hardwired to seek out as many different (novel) sexual partners as possible. Males are biologically driven to reproduce with as many different females as possible to create as many babies as possible, with as much genetic variation as possible to increase our possible blood lines.

Men have a constant need for something new. For example, studies show that if you put a male rat in a cage with a female rat, very quickly he'll start having sex with the female rat. But after a while he'll slowly reduce the frequency of sex and then eventually stop.

The moment you put a new female rat in the cage, the male rat will begin having sex with the female and then slowly the same thing will happen again. This leads to less and less sex over time and then eventually no sex at all. This trend will go on and on even if the male rat is tired or is starting to hurt himself with too much sex.

The drive for multiple new sex partners – which provides an extra burst of energy and arousal with each novel partner – even when you already have an available and willing one is known the Coolidge Effect. The effect happens in all mammalian brains (although in male brains slightly more than females). The Coolidge Effect is the key to why porn is so exciting and addicting.

With porn, you have access to new women with one click, for free and, no one will ever know. Every time you indulge in porn, your brain thinks you've found the evolutionary goldmine that stimulates your brain to keep on consuming more

and more porn despite not knowing that you are watching a video.

Binging brings an evolutionary advantage. Thousands of years ago, if you found a berry plant, then you'd eat the entire plant since you would likely never find another anytime soon. Now with porn, it's like mating season yet it is a 24/7 mating season that never ends due to the unlimited availability of porn. The evolutionary advantage of binging is now a disadvantage. Porn is the junk food of sex except that the junk food is free and in your pocket 24/7.

Sex was a limited commodity throughout most of your brain's evolution, and it was a good survival strategy to go for sex whenever possible. Now that you have access to an infinite amount of sex online, this is no longer a good strategy. Too much sexual stimulation has health risks of its own: reduced sensitivity to dopamine, which reduces your overall quality of life. More on that later...

The brain releases a level of neurochemicals that your brain can't handle and was never designed to handle. It's an artificial, supercharged response to a natural urge to have sex.

Novelty is an extremely powerful desire – look at how humans always want what's new: the new video game, the new movie, the new TV series, the new restaurant, the new shoes. This is why it's so hard to stop watching porn because we constantly want more new scenes and they are widely available for free.

Porn used to have barriers such as having to order it to your doorstep or going to the sketchy adult video store, peep shows, or an adult movie theatre. Men felt like they were "creepy" for engaging in these acts, but now with the advent of high speed Internet and mobile capability, porn is in your pocket 100% of your day.

Porn's power to produce experiences of excitement, relaxation, and escape from pain makes it highly addictive. Over time, you can come to depend on it to feel good and require it so you don't feel bad. Cravings, preoccupations, and out-of-control behavior with using it can become commonplace.

Porn can become your greatest need and your greatest liability. The more pornography a man views, the less freedom he has over what he thinks and pursues in his life. He becomes enslaved by porn because he has rewired his brain to consume more and more porn. To put it bluntly, when you cannot let go of what controls you, you have become less human, not more.

Critical Questions:

What problems has porn caused me in the past?

What problems am I experiencing today because of my porn use?

How has porn changed me in ways I don’t like?

How does my porn use hurt my intimate partner and others I care about?

What problems could occur in the future if I continue to use porn?

Social Porn

"Our social tools are not an improvement to modern society, they are a challenge to it." – Clay Shirky, The Power of Organizing Without Organizations

Porn is anything that induces erotic thought. Although we often think of porn as hardcore penetration material, it can even be Playboy, Cosmopolitan, Maxim magazine, a Victoria's Secret brochure, or even that girl you follow on social media who's always half-naked...

Porn is all around us, and we live in a hyper-sexual world today because, well, sex sells, and the corporate giants are well aware of this.

The current reality seems to be getting worse every year as men are forming relationships with webcam girls, following girls they've never met on Instagram and other social media platforms. These aren't real relationships and you're simply wasting your time following them.

Social porn is the gateway to hardcore porn online. If girls you follow on social media such as Facebook, Instagram, Snapchat, pose half-naked, the image induces erotic thoughts. That's essentially porn.

Instagram girls you follow post hot photo after hot photo, always containing breasts, butt, or both. A hit of novelty comes if she's with her friends.

These social media platforms are basically another avenue for a guy to view porn. You click and enlarge an erotic photo and then you quickly scour through her entire portfolio of photos looking for another photo where hopefully she's revealing even more of her body. (Ahem, cough, novelty!) Why are you following these women anyways? Don't you have anything better to do than look in "awe" at these women who will never talk to you and give you the time of day? Instead of looking at women you wish you could be with, why don't you become the type of man that she would want to be with?

If there were no women on social media platforms, I am convinced these platforms would not be billion-dollar companies. They would simply be two guys in a garage with a piece of code.

Social porn is the perfect trigger to watching hardcore porn online since your mind is already thinking erotic thoughts. And all you have to do is click over, open a new tab, and within five seconds you have access to unlimited attractive women doing anything you want.

Stop finding pleasure in looking at other people's lives and being a spectator in this world and get to work on creating the life you truly want. You can start now and be in an entirely different place in just a few years or you can stay the same.

The choice is yours because if you don't … well, let's get into that right now...

Desensitization To Real Life

"With any addiction, it becomes the central feature of the person's life. Everything else hangs on it." – Walt Miller

Porn addiction steals joy from other areas of your life since it impacts the value you get from rewards. And it becomes increasingly difficult to enjoy things that you once enjoyed.

To better understand this idea, think about this: Your brain transfers dopamine along paths of linked nerve cells. Normally this dopamine moves from one to the next without any problems, leading to a positive experience.

It's released by the sending cell and picked up by the receiving cell's dopamine receptors. But when on porn, your brain is overstimulated and the sending cell releases too much dopamine at once. This means the receiving cell is unable to handle it. Overwhelmed, the receiving cell drops some of its receptors in self-defense, which reduces its ability to receive dopamine in the future.

You can think of it like a quarterback throwing a football to a receiver. In a healthy state he'll catch it every time, but when on porn it's like a quarterback throwing 10 footballs simultaneously to the receiver. The receiver becomes so overwhelmed that he doesn't catch any of the footballs.

So in the future, when experiencing everyday simple pleasures like a hot meal, walking by an attractive woman, playing the guitar, reading a good book, talking socially, your brain isn't able to receive the dopamine stimulus that it once did, leading to a numbed experience feeling of life.

All in all, excessive porn use leads to less dopamine being able to travel through your brain, leading to desensitization. When this happens, dopamine has a harder time moving in your brain, regardless of the reason it was sent out. This desensitizes you not only to porn but everything in your life that would normally give you pleasure through a dopamine response. Excessive porn reduces dopamine flow, which reduces motivations and makes you feel less excited and satisfied when you do things you used to enjoy.

And with reduced pleasure and motivation from daily tasks, you feel apathetic,

lethargic and overwhelmed. Life seems to have lost its luster, and when it reaches a certain stage this apathy becomes full-blown depression where you are reliant on more and more pornography to feel good even if it is for a short time.

Once you're in a state of depression, you begin to isolate yourself, live in a constant state of sadness, in despair and feel overwhelmed, which creates an unhealthy environment. In this environment, it is extremely difficult to thrive in your personal and professional life.

Watching porn gives you a massive dopamine stimulation that you typically won't get from anything else in your day-to-day life. Work is so-so, going to the gym gives you a temporary boost but it's a lot of work, watching television is boring, so porn has become the only outlet that seems to give you pleasure. Not to mention it becomes the most exciting part of your day and for many a daily ritual.

Nothing you do during your day will come nearly as close to the dopamine rush that you get from porn, so things you once found stimulating are now increasingly boring.

Learning to play guitar is stressful...

Learning that second language is mundane...

Going to the gym is tedious...

Learning to salsa dance seems tiresome...

Improving your professional network is trite...

Going to that local comedy club seems uninteresting...

Things that used to bring joy to your life simply have less importance to you as you consume more and more porn. And the problem here is the more porn you consume, the more desensitized to life you become.

Throughout your day you're constantly looking forward to getting home and watching porn. You might leave work excited that you get to go home and watch porn, you might be leaving a social venue with friends excited to go home and watch porn, you might be on a date excited to go home and watch porn. You might even be having sex thinking about porn to get you off. What's happening here is you are looking forward to porn rather than looking forward to life.

Porn has caused such an imbalance in your life that once everyday pleasures are now seen as mundane, boring, and pointless. Porn has become the shiny object of desire that you look forward to rather than your own personal goals or ambitions. You still even may be pursuing goals in your life, but they feel forced and unnatural.

Porn just feels right, so it's this constant urge to consume more porn. You do it, but then soon after you're bored, so you do it again and again. This spiral of negative actions leads you to feel more guilt and shame about how you've spent the last few hours watching porn.

That lust for life is gone.

Imagine how you look to women after you've just watched two hours of porn and now you're trying to go talk to that beautiful woman in her pretty dress. No wonder she didn't give you the time of day...

A porn addict is not living in the real world; he's living for that next scene.

The good news is that stopping or significantly reducing porn and masturbation use and living a healthy well-balanced lifestyle can restore your brain back to its normal function. When you stop the porn, the receptors grow back, and your brain can resensitize itself to dopamine again with time. It can take months, but it can still happen and you can live happily again.

Porn cannot only desensitize you to life but it also causes problems sexually with women. Here's how...

The Soft Truth

"We are what we think. All that we are arises with our thoughts. With our thoughts, we make the world." – The Buddha

Porn has been known to cause these problems in men: avoiding or lacking interest in sex with a real partner, experiencing difficulty becoming sexually aroused with a real partner and maintaining erections, or even unwanted delayed orgasm.

Men can feel the need to think of porn during sex to get off, or be too aggressive, demanding, or rough with partner trying to act out a porn fantasy. Men can become emotionally distant and not present during sex, feeling dissatisfied following sex with a real partner, which leads to having difficulty establishing or maintaining an intimate relationship. Overall, porn can desensitize you to sex with a woman since real sex may not be as exciting as porn, and you've trained your brain to be stimulated by porn and masturbation not real sex.

Porn is also unrealistic. Women in porn do things that not all women in the real world want to do. Not every woman wants to be a man's sex slave every time, to give blowjobs on command, or to ejaculate on their face or have a penis in their ass. These are, of course, normal acts in porn and you have trained your brain to expect and want these things from women. Regular sex for many becomes boring and less stimulating than watching porn and masturbating.

Watching excessive amounts of porn has been known to lead to men having erectile dysfunction and prolonged ability or inability to ejaculate with real women. Your brain needs dopamine to have and maintain an erection, and if you have become desensitized from porn, then your brain is not receiving the dopamine it needs to have and maintain an erection. Equally, your brain also needs dopamine to ejaculate. If your brain is desensitized, then this can lead to prolonged ejaculation.

Frequent and compulsive masturbation can also desensitize a man to common types of touch and stroke. When this happens, normal vaginal stimulation doesn't work and it becomes difficult to maintain sexual stamina and interest. If a man continues down the path of watching more and more porn and

masturbating, then a real vagina no longer pleasures as good as the grip of your hand and the visual stimulation of the unending novelty of porn.

When a healthy male has sex, arousal builds up through different triggers that respond to sight, sound, and touch. As the sex intensifies, the arousal builds until it reaches the point of ejaculatory ecstasy. If porn use has desensitized your brain to dopamine, then arousal won't build up enough for you to ejaculate. You can also be so harsh on your penis when you masturbate that you have become less sensitive to stimulation through touch. If you're under 40 and in good health, then you should not have erectile problems. If you can only get an erection to porn, then porn could be the main source of this problem.

Don't mask the problem by investing in erection supplements and drugs. Solve the problem at its roots by significantly reducing or stopping porn and masturbation use.

Your body can heal itself from the damage that porn has done over several months or years. Begin that journey and start to experience harder and longer lasting erections and enjoy ejaculation with women in the real world versus porn.

Porn doesn't just reduce your ability to perform in the bedroom but also damages your views of women. If you've struggled in dating or in relationships with women then this could be the root of the problem...

Looking At Women Like Sex Objects Instead Of Humans

"Most of the people who join the porn industry come from broken homes. Many of the girls are sexually abused. So the porn industry actually lures in these kinds of people to exploit them. So basically when someone is watching pornography, what you're really doing is contributing to the demise and destruction of adult survivors of sexual child abuse who are on drugs and have physical disease. That's really what you're watching because I promise you, nobody in that industry is healthy." – Shelley Lubben, Former Pornstar

The more porn we watch, the more of an obsession we develop looking at women as objects to be fucked rather than interacting with women as the beautiful, intellectual, unique individuals they are.

Dr. James B. Weaver stated before the U.S. Senate in 2004, "In men, prolonged exposure to pornography creates and enhances sexual callousness toward women. Porn results in both a loss of respect for female sexual autonomy and the disinhibition of men in the expression of aggression against women."

Women are soon objectified and rated solely by size, shape, and hip-to-weight ratio, which destroys any type of emotional availability and real connection with a woman.

Men feel this strong need to validate their masculinity by how physically beautiful their woman is regardless of her values. This gives the idea that women are trophies or collectibles to show the world who a man is. And by watching porn, they only reinforce the idea that women's bodies are trophies and objects.

Women become objectified when you look at women as sex objects and view marriage or being in an official relationship as a license for unlimited sex. Every woman becomes a fantasy in your head, sometimes instantly. You can always tell when a man is addicted to porn simply by how he looks at a woman. The way he stares at her physical features, the way he talks at her instead of with her. The way he tries to get something from her instead of building something with her.

Frequent porn use brings about the fear of deep intimacy with women and even social friendships. Men have developed an inability to relate with women in an honest, authentic, and intimate way despite being very lonely and yearning for this level of deeper connection inside. All in all, this happens because porn overpowers a man's needs over deeply intimate connections in their relationships.

Have you ever heard a woman say, "You're emotionally unavailable," or she checked out of the relationship even though you met all of her needs on paper (house, car, good job, friends, family)? This is exactly what this means. Bottom line: If you want to have a deep long lasting connection with a woman, then you have got stop and or significantly reduce your porn use and masturbation.

Additionally, men who watch porn like to isolate themselves as they prefer a plethora of virtual women over interacting with a real woman. It's easier and less stressful in the short term. Escaping the responsibilities of being a normal human being with friends and women is exactly what it means to lose your soul.

You're losing your humanity actually.

Boys grow up inundated with messages from porn that objectify women's bodies and depict women as sex objects who solely exist for male stimulation and pleasure. For many men, they don't understand that what they're doing is wrong since they've been programmed this way for decades by porn and mainstream media's acceptance of sex culture.

If you respond to sexual triggers by turning to porn, then you've taught your brain to expect overstimulation whenever those triggers happen. Any sexual trigger now causes a much stronger reaction than the trigger should call for.

The more porn you watch, the more triggers it places in your mind until everything reminds you of sex. When you see high heels, lip stick, a skirt, a cheerleader outfit, or a girl bending over to tie her shoe, you think about porn, sending you down a spiral of fantasy and horniness tempting you to watch more porn.

Depression and dopamine desensitization affect the part of your brain responsible for selecting what to pay attention to. When only porn and things related to porn can muster a strong dopamine response, triggers unrelated to pornography are considered less important.

If you spend one hour per day watching porn, then you may interact more with women virtually than you do in the real world, making it harder for you to connect with women.

For instance, when you're looking at women you concentrate and stare at her breasts, lips, and buttocks. You anticipate her to take her clothes off, you fantasize about her moaning and pay no attention to what's going on, and you're not present at all – you're in your head playing a sexual fantasy. And she's looking at you like "what the f&%# is this guy doing?"

What's more, men believe they should make love like a pornstar. Porn is a performance, an act, not an emotional intimate connection to cherish. Porn gives you what you want, but also makes you want things you never thought you'd want before.

And when you do interact with a woman, it's in a sexual way or at least you want it to be in a sexual way. This can leave you powerless where sexual impulses control your life, fantasies pop up all of the time, and there's nothing you can do other than let them play out and try to act normally and respectfully.

This changes how you communicate with women in the real world and often in a negative way that doesn't serve what you truly want: a fulfilling and loving relationship with a woman. For example, when a woman is telling you about her day, you're fantasizing about turning her around and throwing her up against the wall, hearing her scream your name, and cumming on her face.

The woman might not know that you're having hyper sexual thoughts, but she senses something's not right. This sensation can make her feel uncomfortable just being around you, preventing you from becoming a friend, professional contact, or even romantic partner.

All in all, porn decreases the quality of your relationships with women in the real world. To achieve the same level of sexual arousal with a woman, you need your sex to become more extreme – more like porn. Partners of compulsive porn users often complain that their partners need increasingly risky, violent, and degrading sexual acts to get off. This puts your partner in a tough position: Do they accept this behavior in fear of losing you or stand up and also lose you?

This situation forces the woman to make choices she doesn't want to make. She feels second to your sexual desire and wonders if you are really into her or you

just are using her as an outlet to gratify your sexual fantasies. She may wonder, is she your fuck toy or your lover?

When real sex with real partners becomes less interesting, it forces you to go back to porn because you can get what you want. And porn not only damages your views of women but equally has a negative effect on yourself as a man and here’s why...

The Male Pornstar's Role In All Of This...

"Life is not a spectator sport. If you're going to spend your whole life in the grandstand just watching what goes on, in my opinion you're wasting your life."
– Jackie Robinson

The male porn actor is teaching you to be heartless, apathetic, amoral, and entitled to use women in any way you want. He teaches you to demonstrate zero empathy, respect, or love for the women you have sex with, no matter how comfortable or in pain the woman is.

After sex, the male ejaculates and then leaves. There is no sign of intimacy with the women whose face he has ejaculated on.

Porn does a good job of reducing the male and only focusing on the female to make it feel like the viewer is the male in the movie. This accentuates the male gaze, like a first-person perspective.

This leads men to try to be that guy in in the porn film when they are having sex with a woman. The problem is the average man does not have a fully erect hard 10" penis that can last for 45 minutes. Male pornstars are typically on Viagra or Caverjet, a type of direct penis enhancement injection and other supplements to keep their penis fully erect and prolong ejaculation (please don't get any ideas now).

The average sex in normal life lasts 10 minutes, so don't be too tough on yourself if you're not King Kong lasting for hours.

By watching a man with a large penis lasting long and the women screaming and enjoying (really acting) the sex, a lot of men have trained themselves to believe that this is how you sexually please women.

The problem here is that this isn't what really works and what all women want from sex. Many women prefer the average length of an erect penis of 4 to 6 inches. In fact, 90% of all men in the world have a penis between 4 to 6 inches. Anything smaller or bigger makes up the other 10%. And not every woman

wants to have sex for an hour and would prefer only 10 to 15 minutes because sex longer than that can often be painful.

All in all, you don't need to be tough on yourself if you ejaculate after 5 to 10 minutes and if your penis is average in size. Sex is not only about penetrating a woman, but also the touch, skin, breathing, talking, hair, being naked and vulnerable, all in the heat of the moment.

Also, when a man watches porn it makes him feel like a beta male, a spectator who gets rewarded for something he didn't earn. You are watching another man having sex and this is getting you off. Instead of watching other men have sex, you need to become the type of man who is having the type of healthy sex life he wants.

This is like watching those shows that show rich people's houses, cars, and boats. Don't watch that stuff in envy of those people. Instead start taking action and becoming the type of man who deserves those things (if that is what you want).

Charles Darwin says, "a man who dares to waste on hour of life has not discovered the value of life." The more porn you watch the more you are training yourself to be a beta male.

Porn has filled a man's daily existence with more and more distractions. Instead of taking action towards their goals, men find that porn takes them farther and farther from the core of the man they want to be.

To sum it up, be a courageous action taker in your life versus a spectator who will be in the same place 5 or 10 years from now.

Not only does watching porn make you feel like a beta male, it can also ruin a core pillar of your health, causing you to lose energy you need so you can work hard on your goals the next day...

Why Porn Gives You The Worst Sleep Ever

"The night is the hardest time to be alive and 4am knows all of my secrets." – Poppy Z. Brite

According to Pornhub.com, the largest tube porn site in the world, porn usage spikes between the hours of 10 p.m. and 12 a.m., which is generally the hours most people go to sleep.

The problem is when dopamine increases at night, it delays melatonin production in your body. Melatonin is the hormone responsible for controlling your sleep and wake cycles.

Melatonin production kicks in around 10 p.m. for most people, so if you are watching porn and masturbating then you are releasing dopamine, which gets you excited, alert, and awake instead of preparing for sleep. So although you may feel relaxed and fall sleep after climaxing to porn, it's a restless type of sleep.

This means that your body will start producing melatonin later in the night so when you wake up in the morning at 7 a.m. your body still has melatonin inside. This means you wake up feeling groggy, in a brain fog, and lethargic. And it's not because you didn't sleep enough hours but because you did not get restful sleep.

And since your body still has melatonin inside, it might not fully go away until 10 a.m. to noon, so you've spent your entire morning in a hazy rut and you don't fully wake up until the middle of the day.

In this situation, you've spent half of your day in a "slump" and you might be thinking that you're feeling depressed or you've got some problems. But really it's because you got restless sleep due to watching porn late at night.

If you were to abstain from watching porn late at night, then you would notice an increase in energy and alertness in the mornings. Give it a try...

Porn Preys On These Types Of Men

"Every man has his secret sorrows which the world knows not; and often times we call a man cold when he is only sad." – Henry Wadsworth Longefellow

The big question I often get is why do men still watch porn despite knowing the consequences?

For some knowing is not enough and there is something deeper going on in his life so a man may continue watching porn to fill an emotional void in his life.

This is often associated with a lack of connection with a significant other, their family or friends. Men who are emotionally unavailable typically will be more vulnerable to watching porn and becoming addicted.

Like any addiction, porn can easily prey on a man who needs a quick hit of instant gratification or some dopamine to feel excited about life for a short while.

People are very vulnerable to becoming porn addicts if they meet any of the following:

prior addictive behavior in family to drugs, alcohol, food or gambling, history of neglect, history of emotional, physical or sexual abuse, social anxiety, depression, attention deficit disorder, obsessive compulsive disorder, or history of self-harm behaviors.

Also, men who live out of alignment with what they should be doing with their lives or who live off-purpose (basically wasting time or doing something they shouldn't be doing with their lives like a bad job or involved in a toxic relationship) are vulnerable to porn addiction.

It can be very easy to just click over on a new tab and start watching porn. It's fun, gratifying, and of course it's too easy to acquire that dopamine hit to make you feel good in the moment. The key here is to acknowledge what challenges you have and start working on them to improve your life.

Typically heavy porn users are watching porn because they are trying to mask some other serious life challenge. There is no quick fix for any of the above life challenges, but you should acknowledge your setbacks and start working on

them now. Then in time you will overcome any challenge.

For however long you live in an unhealthy state, you will always be very susceptible to watching porn. If you improve your life, then you can decrease your desire to watch porn – your life, not porn, becomes your stimulus for dopamine.

You might have heard of the term “addicted2life,” and hey, that’s not a bad thing to love the life you’ve created for yourself. Note that not all depression and social challenges are caused by porn, but it can add to your depression and it certainly doesn’t help the problem. It’s like pouring fuel over a fire – it’s only going to magnify the problem.

And you may have been told you have a problem or special medical condition going on, but it could be really driven by your addiction to porn.

Doctors Could Be Missing The Point

"Each patient carries his own doctor inside him." – Norman Cousins

According to BMJ Quality and Safety, 12 million adults in the United States are misdiagnosed with a variety of conditions each year. This figure amounts to 1 out of every 20 adult patients. The research showed that nearly 50% of those cases could lead to severe harm.

Doctors are too quick to label you as having social anxiety, depression, or attention deficit disorder, when in reality the cause of these symptoms may be related to porn addiction and masturbation.

When you fill out a survey at the doctor's office they often ask you:

How many drinks do you have per day?

How many cigarettes do you have per day?

Have you smoked marijuana?

What other drugs have you tried?

And if you check "no" for those questions, doctors can be quick to think that you have some sort of mental state condition such as depression, anxiety, or ADHD.

But missing on that list is an important question: How many times have you masturbated to porn this week and for how long have you been doing this?

Imagine if someone responded, "Oh, five times and I've been doing this for years or decades." This is important and something doctors should dive more into.

What if instead of taking all these medications with dozens of side effects and spending months or years seeing therapists, you just stopped masturbating and watching porn? Being treated for porn addiction may be the appropriate way to solve the problem of social anxiety, depression, or attention deficit disorder. The reason why you may have those symptoms could be from an addiction to porn and masturbation.

Have you considered this?

You could be on medication for something you don’t need to be on when a much more natural solution is available: read this book, cut back on porn and masturbation, and get back into real life.

You’re not alone. You can do this and overcome whatever mental and emotional challenge you’re currently experiencing.

The Great Debate Between Porn & Masturbation vs Real Sex

"Sex without love is as hollow and ridiculous as love without sex." – Hunter S. Thompson

So the question I often get is this: "Well, what about real sex, is this bad for you too?"

The answer is simply no.

And here's why...

Porn itself is not entirely bad for you, but when you add these known addictive elements, it can become destructive to a man:

Free access: It cost you nothing.

Novelty: Unlimited variety of new scenes.

Privacy: No one will ever know you did it.

Simply put, it's every addict's dream...

You no longer need to hide anything – you can just have a thumb drive or folder on the computer titled "taxes" if you will, and no one will ever find it.

As we've discussed, this creates an environment for addiction. And when you watch more and more porn, you need more and more aggressive scenes to become aroused, which leads you to watching scenes you never thought you'd watch like double penetration, gangbangs, incest, abusive scenes, or even cartoon porn. As a result, you become desensitized to daily life's pleasures.

On the other hand, sex is with one person, which eliminates the novelty factor. Sex is about being intimate, the touch, skin, hair, breathing, the deep connection – all of this is a healthy experience.

A screen full of unending novelty is what makes porn dangerous.

If there were only 5 porn videos ever made, it would be safe to say that very few

people would be porn addicts. The 5 videos might be exciting at first, but after a few days you'd hardly watch them, and then after a few weeks they'd never be seen again (The Coolidge Effect).

But when you have 10,000 new porn videos being uploaded to popular porn tube sites and 1000s of pornstars entering the industry every year, it becomes a problem.

So then you might be asking, "Well, what about masturbation?"

Is Masturbation Bad For You?

"*We have reason to believe that man first walked upright to free his hands for masturbation.*" – Lily Tomlin

Again, no.

Doctors and psychologists say that masturbating can be healthy for you when done at healthy rate (a few times per month). Now, if you're doing it multiple times per day, then you have something else going on in your life that is causing you to do this. You're masturbating to mask the pain.

It can actually be unhealthy for men to not ejaculate at least once every 90 days. The semen can become infected and cause prostatitis or other bacterial infections in the urinary system, which can spread into other areas of your body.

The problem becomes when watching porn becomes a trigger for you to start masturbating to the point of ejaculation. And as we've already seen, porn is highly addictive, making it easier for masturbation to become a problem.

It's just like alcohol is not inherently or always bad for you. If you have a glass of wine once per week, then it's not a problem and can in some cases be healthy. But if you abuse it, it can become very bad for you.

The key is everything in moderation.

The Path To Recovery

"If you had started doing anything two weeks ago, by today you would have been two weeks better at it." – John Mayer

By now I'm sure you understand the overall effects of porn and masturbation, and you're ready to make some changes to improve your life.

If you have been watching porn for more than one year – which is probably the case with 99% of men reading this book – then it's going to be difficult to just quit cold turkey. You may be able to do this for two weeks or a month, but your cravings and withdrawals will be so hard that it would be easy for you to watch porn again.

And you may try it again and then the same thing will happen. You may get to a point where you give up and declare that you're going to watch porn for the rest of your life.

I recommend a long-term, sustainable plan to letting go of porn and masturbation with three main focus areas:

Reduce the amount of times you watch porn.

Reduce the time spent watching porn.

Reduce the number of scenes you watch.

Also, stop fast forwarding or skipping to the parts you want to watch. Anticipation is healthier for you than the instant stimulus of going straight into penetration and ejaculation. You need to eliminate that novelty factor of porn, which fuels your addiction. The goal is to make watching porn unenjoyable and less novel, and to spend less time doing it.

Never again allow yourself to go on a porn binge for hours.

Make a declaration to yourself right now that the porn binges are a thing of the past, and you are now going to commit to cutting back on porn use and masturbation. I want you to push yourself to get back into the real world to replace pornographic stimulus with real world stimulus to rewire your brain back

to a healthy functioning state.

Here's how to do this:

Stage 1: Cut the number of times you watch porn, the time spent, and number of scenes in half.

For example, a heavy user may watch porn 4 times per day, 30 minutes each time and watch 10 scenes each time. So cut it in half to 2 times per day, 15 minutes each session, and only 5 scenes.

Stage 2: Once per day for 8 minutes and only 3 scenes for 30 days.

Stage 3: Every other day for 8 minutes and only 2 scenes for 30 days.

Stage 4: Once per week for 8 minutes and only 2 scenes for 30 days.

Stage 5: Every other week or twice per month for 8 minutes and only 1 scene for 30 days.

Stage 6: Once per month for 5 minutes and only 1 scene for 90 days.

For many, Stage 5 is a healthy place to be – you are only watching porn every other week (twice per month). This would be considered a huge win for any former porn addict.

If you find yourself falling short, then simply reset your 30 days. It's okay if you're stuck at any stage for 60 or even 90 days. Ideally you can get to stage 6 in about 9 months, but if it takes you 12 months or longer, then there is nothing wrong with that either.

Everyone has their own journey, but the key is that you started, and you have to remember being at Stage 4 is much better than where you were last year. Don't be too hard on yourself – just don't give up or think this isn't something you can't do.

I believe the only way someone will quit watching porn and masturbating forever is when they create a life of their choosing and are living their best life. When a man receives his stimulus from a healthy sex life, has strong friendships, loves his work, and is financially free (not a millionaire but just doesn't worry about money), and pursues his passions, there is little room for porn and masturbation.

My ultimate goal for you is to not only to stop watching porn and masturbating but to use this extra free time to focus on creating the life of your dreams. Whatever that looks like, go in that direction and become the best man you can be.

12 Fail Proof Resources To Support Your Journey

1. Find a professional therapist trained in treatment of addictions and sexual disorders. Sash.net is a place where you can find someone who can assist you 1 on 1.

2. Find or create a support group in your community. Understanding that you are not alone on this journey is critical to overcoming this addiction. Note: Every client I've worked with has either had or currently has a problem with porn and masturbation. You're not going through this alone – it's a very common challenge for men today.

3. Find an accountability partner where you check in with each other once per week. Share with him this book, and if he likes it, ask if he'd be interested in working on this together. There is no time here for the alpha male bravado "I can do this myself" mentality.

4. Throw out all physical material related to your problem. If you own any porn files, DVDs, external hard drives, sex toys, get rid of all of it. This might be hard to do for some, so what you can do is at each new stage you enter, remove half of your entire collection every time.

5. With your accountability partner, each time you talk to each other check in to see if they've done this and also if they've added anything new to their porn collection. If so, tell them to delete it immediately.

6. Cancel any membership to websites and apps. Save your money. I'd recommend spending it on healthier foods, a gym membership, a personal trainer or life coach.

7. Don't bring your smartphone or tablet into bed ever. If you have access to it, sometimes at night when the lights are off you can get these withdrawals and have a sudden and uncontrollable urge do it at night. Keep all electronics in another room. This will also help you get better sleep.

8. Work in public more. Maybe after work go to a trendy local coffee shop to surf the web instead of going home alone, which may trigger you to watch porn. I know it's more work, but if that's what it takes to make this happen for you then it's worth it. Plus, it will make you more social anyways by getting out of

your house and into the real world.

9. Around the house, display inspirational photos of family, fun events, and you having fun with friends. Give yourself a reason other than yourself why you're doing this. Sometimes we just need more and that should give you constant reminders about who you love.

10. Whenever you have a sudden urge to watch porn, get away from your computer or smart phone and stand up and take three deep breaths. Come back to the present moment and regain control of the urge. With each breath, notice the urge slowly fading away and channel this sexual energy into something productive.

11. Install filtering software and website blockers: Self control for Mac, Getcoldturkey.com

12. Familiarize yourself with these online communities:

sexualrecovery.com

assect.org

reddit/nofap

r/pornfree

reboot nation

If you have been using porn regularly, then withdrawal from porn can be as filled with as much agitation, depression, and sleeplessness as detoxing from alcohol, cocaine, and other hard drugs. In fact, porn recovery can take up to 18 months so take it one day at a time.

Notice your triggers. Someone recovering from AA shouldn't be found in a bar... a porn addict shouldn't be in an isolated dark room with a computer, tablet, or smart phone.

When you feel yourself wanting to watch porn, stop immediately what you are doing and admit you have entered a danger zone. If you are on your computer, then get up and away from the computer – get some fresh air, do some push ups, and start doing something else right away such as a small activity to end those thoughts.

Calm yourself physiologically and emotionally by taking five deep heavy breaths. And if you need to reach out for support, do it as quickly as possible. Always reaffirm your commitment to your recovery and that you will make it through the day.

And celebrate the moments when you did pull away from a downward spiral and treat yourself to something you enjoy. This trains you to stop when you feel like you’re about to watch porn.

Just admitting that you have a problem and you want to improve makes you a man. This is taking responsibility for your life and pushing you closer to becoming the man you truly want to be.

Fu&k The World Not Yourself!

"If one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with success unexpected in common hours." – Henry David Thoreau

Your semen is your life force, whether you are spiritual or not it does indeed have the power to create life. It takes a tremendous amount of energy, vitality and vigor to create this life force inside man.

Masturbation causes men to be lethargic and tired, lacking in drive, desire, and motivation whereas sex drives us; it is one of the primary reasons we are on this planet — to recreate life for the next generation.

When you masturbate your body feels fulfilled. "Yes we did it!" But abstaining from masturbation can give you a powerful motivation and drive to work harder and develop a stronger desire to succeed in your work and life.

Not to mention quitting porn and masturbation has been also shown to give you more energy, motivation, increased confidence, a deeper voice, more alert, less brain fog, higher sex drive, less fatigue, more assertiveness, less anxiety, depression, more social, better memory, better athletic performance, thicker penis girth, higher self-esteem, less acne, and clear complexion.

Stop wasting this power by watching porn and masturbating. Keep it inside of you to drive yourself to penetrate the world. Use it to go after what you want in life instead of letting it out and it going nowhere. Accomplish goals, meet women, and change the world around you.

Notice how you feel hours and days after you ejaculate. If you're really stressed out from work and life, then it's easy to succumb to watching porn and masturbating to release and relax for a bit. But as you live your life with more purpose and meaning you won't accumulate so much tension from the day.

From this point you will discover that ejaculation actually depletes and weakens you of the life force you need to move forward into life. It's instant gratification. It feels good in the moment, but you ultimately pay the price in the long run. You can live a good life with countless unnecessary ejaculations but you will not

live a great life. You won't have the inner gusto to be courageous, stand up for yourself, and take risks and act on what you most need to do in your life.

If you do pull it together and take the action, then it will be with much less vigor and drive. You will settle with just doing enough to get by instead of going above and beyond in your personal and professional life.

Your gift to the world will remain largely undone.

I encourage you to have the self-discipline to choose more wisely when you do ejaculate instead of just letting it out anytime you feel horny, whether that is through masturbation or sex with a woman. Don't become addicted to ejaculation; instead, become addicted to becoming the best version of yourself.

When you go to bed at night, the long term fulfillment and satisfaction you'll get from knowing each day that you put all of your best work, talents, and gifts out into the world will be well worth it and much better than some meaningless orgasm.

Napoleon Hill said it best in his classic, Think and Grow Rich: "The desire for sexual expression is by far the strongest and most impelling of all human emotions. For this very reason this desire, when harnessed and transmitted into action other than that of physical expression, may raise one to the status of genius."

In other words, since sexual energy is the most powerful of energies, then channeling that energy into your purpose or something productive is much better than letting it out randomly when horny.

This is what it means to fuck the world. It is not saying screw life and become a rebel! It means to transfer the sexual energy onto your personal and professional endeavors in life. Release the energy through your best work, not an orgasm. Give it everything you've got.

If you take a Bull, for example, and castrate it, the Bull rarely moves. Its life force has been stolen from it and it no longer has power. It's still the same size and shape physically but mentally it's lost its edge.

When you empty your balls, you empty your life. Keep your balls full to go after the life you want.

Don’t waste your finite energy. Use it wisely...

Getting Away From Your Computer and into The Real World

"Do not let your fire go out, spark by irreplaceable spark, in the hopeless swamps of the approximate, the not quite, the not yet, the not at all. Do not let the hero in your soul perish, in lonely frustration for the life you deserved, but have never been able to reach. Check your road and the nature of your battle. The world you desired can be won. It exists, it is real, it is possible, it is yours."
– Ayn Rand

At this point, what legitimate, compelling, and beneficial reason is there for you to continue watching porn?

Don't worry, I'll wait...

Would you convince your family or children to firmly believe in these reasons to why you watch porn?

Would you give a commencement speech at your local university on this?

Look, at some point there must be a confession: "I'm addicted to porn and I'm serious about quitting and I never want to go back!"

Just because it's socially accepted amongst other males and the rest of society to masturbate to porn doesn't mean you should latch onto the majority opinion... for anything actually.

A critical factor that will dictate your success at quitting masturbation and porn use is your ability to get away from your computer and into the real world. If you spend a lot of time on a computer or at home alone, then chances are you will easily succumb to the desires of porn again.

I want you to have a real social life engaging with men and women regularly versus having a healthy digital life filled with social media and porn.

When you first start Stage 1, reduce Internet usage for the first 30 days. Embark into the real world and explore more of life.

What were the hobbies and passions you used to enjoy or would like to start? Go

to trendy coffee shops and read books, walk through parks, hiking, runs, gyms, martial arts, yoga classes, farmers markets, toastmasters speaking clubs, comedy clubs, improv clubs, learn to play the guitar or piano, art galleries, the beach, nearby historical landmarks, try different types of cuisines, cooking classes, travel – well, you get the idea: go do things outside in the real world more often.

Join meetup.com and add 25 different interest groups to your account and make it an effort to join at least 1 or 2 meetups per week. Become the interesting well-rounded type of grounded man that you've always wanted to become. How else could you better spend your time?

Put it simply, go enjoy real life not a digital life.

Identify what matters most to you:

What are the top 5 things that matter most to me in my life?

What personal goals do I want to achieve?

What are the values I believe and want to uphold?

Who is most important to me in my life and how do I want to treat him/her?

What personal traits do I want to convey to others?

How would I like to contribute to the lives of people I care about?

How would I like to contribute to my community and society?

In what ways does porn use conflict with my values, beliefs, and life goals?

How much time have you really wasted watching porn? 1 year, 5 years, 10 years, 20 years?

You could have earned a black belt in a martial art, mastered an instrument, built a 7-figure business, improved your dating life, found the woman of your dreams, or fallen even more in love with your existing partner. All in all, you could have spent that time more wisely mastering some valuable skill set that would have benefited you today and made you a more grounded man.

You create the life you want with the habits you develop.

Get social. Go out. Build and have real relationships. Go into hobbies. Meetups. Travel. Go on adventures. Reach out to old friends and family. Plan trips. Take a

lead role in your life and don’t be a bystander of circumstance.

A healthy sex life improves the quality of your life, unlike the quick fix you get with porn. Porn does not have any long-term benefits, just long-term emotional and psychological costs that aren’t even fully understood since it’s a new phenomenon.

This is it.

A Call To All Men

"No horse gets anywhere until he is harnessed. No stream or gas ever drives anything until it is confined. No Niagara ever turned light and power until it is tunneled. No life ever grows great until it is focused, dedicated, disciplined." – Harry Emerson

How do you really look when you masturbate?

Look how your face looks. Imagine your entire family, I mean generations of family dating back a thousands years who have survived wars, plagues, diseases, famine and got you here today. They might be thinking, "I bet he's doing something great since he lives in the best time to be alive in the 21st century. I can't wait to see what incredible things he's doing with his life. Oh wait, what's he doing in that chair? Why does he spend so much of his free time doing that!"

And they come to check in 10 years later and they find you doing the same thing. They might cry out, "why is he wasting his life...!?"

"After all we've been through, he spends his finite time watching people online have sex."

Stop that right now.

This is a call to all men.

Let's stop watching porn and masturbating to it and commit to fully loving women and life again.

If you're not serious about quitting, then you're wasting your time. Stop dabbling and fully commit to no more porn and masturbation. Go meet some porn addicts who have destroyed their marriages, families, careers, and bodies, who suffer from erectile dysfunction, can't enjoy sex, and have permanently desensitized the pleasures of life they once enjoyed.

Most people who want to stop masturbating to porn don't really want to stop masturbating to porn. They get excited about quitting and finding something better for themselves, but they never fully commit to quitting. They're always afraid of releasing what's comfortable, easy and safe. It's scary – I know the

feeling as I was once there, but you too can overcome this addiction. Right now you need to commit fully to the recovery process once and for all. No matter how hard it gets or how many times you may relapse – do not give up! Re-read this book once per month as you begin the journey to rid yourself of this addiction. Stay focused, committed and keep your eye on the prize.

You might be sad thinking I’m taking something cherished away from you, but in reality I’m giving something invaluable back to you.

Your life...

Your one life.

Now, go make it count.

Resources

Craig Gross Pure Eyes, Eyes of Integrity, Dirty little secret William Struther's Wired For Intimacy Michael Leahy's Porn Nation

Mike Wilkersons' Redemption

Tim Chester Closing the window

David Powlison Booklet Slaying the Dragon The Porn Experiment Gary Wilson

PornHub.com 2015 Year in Review

yourbrainonporn.com

Netflix documentary: Hot Girls Wanted Jon Millward Deep Inside A Study Of 10,000 Porn Stars and Their Careers Gail Dines Pornland: How Porn Has Hijakced Our Sexuality Kirsten Weir, American Psychological Association, Is pornography addictive?

Tim Ferriss, The 30 Day Challenge: No Booze, No Masturbating (NOBNOM) The American Journal of Psychiatry, Low Dopamine D2 recepter Binding Potential in Social Phobia

Let’s Impact 1000s Of Lives If you found this book helpful, please turn the page and leave me a helpful review to impact thousands of men who are in pain and want to recover from this addiction. With your support, we can truly make a difference in the world (I realize you may not want to put your actual name on the review of this book, so check “change your public name” on amazon when you leave a review if you’re concerned about privacy).

Cheers!

Andrew Ferebee

Additional Work By Andrew Ferebee To Maximize Your Growth Potential

The Knowledge For Men Podcast: I interview twice a week NY Times Best Selling Authors, UFC Fighters, Navy Seals, multimillionaire entrepreneurs, relationship coaches and share their biggest life lessons with you for free at www.knowledgeformen.com

Double Your Confidence In 30 Minutes Or Less For Free: I used to sell this program but right now it's free for a limited time. Go to www.kfmconfidence.com and watch the program and get the results.

The Dating Playbook For Men: A Proven 7 Step System To Go From Single To The Woman Of Your Dreams (find it on amazon) The Break Up Manual For Men: How To Recover From A Serious Break Up, Become Stronger and Get Back Into Life (find it on amazon) Unleash The Man Within Online Seminar: I share some of my biggest life lessons on overcoming your biggest challenges and obstacles in this free 90 minute online seminar and do a Q/A at the end. Register for the next event at www.kfmlive.com

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